



*Contained in these pages are resources available nationally and/or online. The grief resources in these pages range from websites, blogs, virtual support groups, podcasts, online videos, etc. With so many wonderful resources listed, to not overwhelm you, we have placed an * by some excellent general resources if you need a good place to start. Resources are grouped together for you to easily find what you are looking for.*

NATIONAL CRISIS SUPPORT

CRISIS TEXT LINE

Free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. For more information: www.crisistextline.org

NATIONAL SUICIDE PREVENTION LIFELINE - 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. For more information: www.suicideprevention.org

UNITED WAY/AMERICAN RED CROSS 211 CALL CENTER

A free, confidential service available 24 hours a day, seven days a week by calling 211. Staff link people in need with a variety of community resources and services.

VETERANS CRISIS LINE

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. VA responders are standing by 24 hours a day, 7 days a week, 365 days a year to provide confidential support by phone, online chat, or text by 988, press 1. www.veteranscrisisline.net

GENERAL ONLINE GRIEF RESOURCES

ASSOCIATION FOR DEATH EDUCATION AND COUNSELING (ADEC) - www.adec.org

A multi-disciplinary professional organization dedicated to promoting excellence in death education, bereavement counseling, and care for the dying. Based on theory and quality research, ADEC provides information, support, and resources to its membership and, through them, to the public.

CANCER CARE, INC. - www.cancercare.org

Assists those who are struggling with cancer and offers both individual and group bereavement counseling for those who have experienced the death of a loved one to cancer.

CENTER FOR LOSS & LIFE TRANSITION - www.centerforloss.com

Presents educational workshops to the general public, professionals, clergy and funeral directors. Publishes numerous materials on the grieving process. Publishes bi-annual newsletter, also available on -line. Counseling for individuals and families also available.

CENTERING CORPORATION - www.centering.org

A non-profit organization dedicated to providing education and resources for the bereaved. Centering was founded in 1977 by Joy and Dr. Marvin Johnson. Over 100 books and for children and adults, plus over 200 books and resources from other publishers. Provides educational offerings and workshops for caregivers and families. Including a website for teens: www.fireinmyheart.com and quarterly magazine & blog: www.griefdigestmagazine.com

FOR GRIEF - forgrief.com

Grief is a personal experience, but you don't have to navigate it alone. At For Grief, we offer direct access to leading grief experts, plus a library of videos and other resources that provide the support you need, when you need it. We're on this journey together.

***ELUNA - www.elunanetwork.org**

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help restore hope.

GRIEF STORIES - www.griefstories.org

Helping Grief Make Sense. At Grief Stories, we believe passionately that sharing stories fosters connection, helping people cope with grief. Our professionally created videos invite you into the stories of real people and health professionals sharing stories of coping with loss and insights about grief. All content is vetted by health care experts.

***HEALGRIEF - healgrief.org**

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. HealGrief provides the tools and resources to guide one's journey with grief into a healthy personal growth. Facilitated virtual support groups available each week.

HOSPICE FOUNDATION OF AMERICA - www.hospicefoundation.org

A not-for-profit organization that provides leadership in the development and application of hospice and its philosophy of care. End-of-life care resources available for professionals, patients, and families.

NATIONAL FUNERAL DIRECTORS ASSOCIATION RESOURCE CENTER - www.nfda.org

NFDA is the worldwide source of expertise and professional resources for all facets of funeral service. Through education, information and advocacy, NFDA is dedicated to supporting members in their mission to provide families with meaningful end-of-life services at the highest levels of excellence and integrity. Also offers brochures, books and videos to the bereaved on a wide variety of subjects dealing with grief.

NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION - www.nhpco.org

NHO is the oldest and largest non-profit organization in the US devoted exclusively to hospice and palliative care. The organization is committed to improving end of life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones.

General Online Grief Resources, continued...

***OPEN TO HOPE FOUNDATION - www.opentohope.com**

Open to Hope Foundation is a non-profit foundation with the mission of helping people find hope after loss. They invite you to read, listen, and share your stories of hope and compassion. Their website includes articles, podcasts, videos, and several other helpful resources.

SALT WATER - www.findyourharbor.com

Salt Water was created to provide a safe harbor for people grieving the death of someone they didn't think they could live without. The goal is to create a community where people can support each other by sharing wisdom and ideas and offering hope that we can get through the rest of our lives without our beloveds. A place where they can find beauty, grace, and healing in the aftermath of a terrible loss and connect with others.

***SPEAKING GRIEF - www.speakinggrief.org**

Moving away from the idea that grief is a problem that needs to be "fixed," Speaking Grief validates the experience of griever and guides those wishing to support them. There is no "right" way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience.

***REFUGE IN GRIEF - www.refugeingrief.com**

It's OK to not be OK. If your life has exploded into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to be told this all happened for a reason. You certainly don't need to be told that you needed your pain in order to learn something about life. Some things cannot be fixed. They can only be carried.

***SCRIBBLES & CRUMBS - www.scribblesandcrumbs.com**

Scribbles & Crumbs is a community on a mission to unite all who have known suffering (no matter the form) through the common ground of compassion and love. The website offers a blog, photography, and books for sale.

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS, INC. (TAPS) - www.taps.org

National non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. Online webinars on a variety of grief and loss topics, free and for everyone.

WEBHEALING.COM - www.webhealing.com

A variety of grief resources as well as discussion boards for: death of a child, spouse, sibling, parent, suicide and more.

***WHAT'S YOUR GRIEF - www.whatsyourgrief.com**

The mission of "What's Your Grief" is to promote grief education, exploration, and expression in both practical and creative ways. They aim to provide the public with education that reaches beyond generalization, practical and specific suggestions for moving forward, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones, and a supportive community.

BEREAVED PARENTS

A BED FOR MY HEART - www.abedformyheart.com

A Bed For My Heart is a haven for families who have experienced the loss of a child, at any age/gestation and from any cause of death. They believe in compassionate grief support, heart to heart, person to person, parent to parent, and believe a hearty mix of compassion, unconditional love and support can make the unbearable, bearable.

BEREAVED PARENTS OF THE USA - www.bereavedparentsusa.org

National non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings.

CJ FIRST CANDLE - www.cjfirstcandle.org

Provides infant health and survival during the prenatal period through two years of age, through advocacy, education and research. Bereavement services and local chapters.

THE COMPASSIONATE FRIENDS - www.compassionatefriends.org

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Private Facebook Groups available for different circumstances of death.

THE FLETCHER FOUNDATION - www.thefletcherfoundation.org

Founded by Matt and Haley Phillips after the loss of their son Fletcher in 2017, is a 501(c)3 nonprofit with a desire to walk along families after miscarriage or stillbirth. They are located in Ankeny, IA, but serve families nationwide. They provide hope and support for families after a miscarriage or stillbirth, as well as funds set aside to assist in paying hospital bills tied to the family's loss. Connect via Facebook: www.facebook.com/thefletcherfoundation, on Instagram: [the_fletcher_foundation](https://www.instagram.com/the_fletcher_foundation), or the website: thefletcherfoundation.org

GRIEVING DADS: TO THE BRINK AND BACK - www.grievingdads.com

A collection of survival stories by men who have survived the worst possible loss and lived to tell the tale.

NO FOOT TOO SMALL (NFTS) - www.nofoottoosmall.org

Celebrate Angels. Unite Families. Build Birthing and Bereavement Suites. Founded by Robin and Ryan Boudreau, NFTS was inspired by the loss of their son Beau in 2013. NFTS was born out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of angels. For families suffering pregnancy and infant loss, there are no cures and often no answers. Parents are forced to say "goodbye" before they ever have the chance to say "hello". Navigating the unimaginable loss of a child is an isolating, lonely, and helpless place to be. For these parents, life is forever changed. For these families, we exist to offer the gift of time, community, and celebration.

PARENTS OF MURDERED CHILDREN (POMC) - www.pomc.com

Provides support and assistance to all survivors of homicide victims while working to create a world free of murder. POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

SIDS AMERICA - www.sidsamerica.org

A faith-based organization that provides hope, help, and healing to families grieving the loss of a child to Sudden Infant Death Syndrome (SIDS).

HELPING CHILDREN WHO ARE GRIEVING

AMERICAN CHILDHOOD CANCER ORGANIZATION - www.acco.org

An national organization whose mission is to educate, support, serve, and advocate for families of children of cancer, survivors of childhood cancer, and the professionals who care for them.

COMFORT ZONE CAMP - www.comfortzonecamp.org

Comfort Zone Camp is a nonprofit 501(c)3 bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Comfort Zone Camps are offered to children 7-17, and are held year-round across the country.

Helping Children Grief Resources, continued...

DOUGY CENTER - www.dougy.org

Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support locally and internationally to those seeking to assist children in grief. There are a variety of resources on their website, including toolkits, activities, podcasts and more!

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to provide the tools to help restore hope.

KESEM - www.kesem.org

5 million children are coping with a parent's cancer diagnosis. That's 5 million children at risk of experiencing increased anxiety, emotional isolation, loss of social interest, and/or feelings of hopelessness. And that's why, at Kesem, we are committed to creating a world where every child who has a parent with a cancer diagnosis or has lost a parent to cancer is never alone. We support these children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG) - www.childrengrieve.org

The NACG promotes awareness of the needs of children and teens grieving a death, and provides education and resources for anyone who wants to support them. NACG provides a network for communication between hundreds of children's bereavement support professionals and volunteers across the country who want to share ideas, information, and resources with each other to better support the families they serve in their own communities.

LGBTQ+ GRIEF SUPPORT

LGBTQ GRIEF LOSS SUPPORT - www.facebook.com/groups/LGBTgriefsupport

A safe, caring place for Gay, Lesbian, B, TG, Q people to grieve & share the loss of someone you love, & hopefully find some support. Our group is focused mainly on the passing of a loved one.

THE LOFT: LGBTQ+ CENTER - www.loftgaycenter.org/grief_and_loss_discussion_support_group

This discussion and support group is for members of the LGBTQ+ community to have a safe space to grieve and discuss the feelings of loss they are experiencing. This is an ongoing series of discussions with mental health provider. LOFT Peer Support Groups are open topic, drop-in groups. Groups are led by facilitators who identify as peers with those in attendance. There is no need to preregister and no fee to attend.

HOPEHEALTH HOSPICE - www.hopehealthco.org/services/hospice-care/grief-support

Virtual support group led by a specially trained facilitator. This group provides a safe, confidential and supportive setting for those experiencing grief related to loss. To participate, email: CenterforHopeandHealing@HopeHealthCo.org.

DEATH OF A PET

ASSOCIATION FOR PET LOSS AND BEREAVEMENT - www.aplb.org

The APLB services are free and available to anyone grieving for a beloved pet on the webpages links at the left you will see an extensive list of specialized help categories.

Death of a Pet Grief Resources, continued...

CHANCE'S SPOT - www.chanceSpot.org

Chance's Spot provides an online support group, publications on pet loss, hotline numbers, referrals and an online tributes page where pet caregivers can post tributes to their departed pets.

HAMILTON'S PET LOSS SUPPORT - www.hamiltonsfuneralhome.com

This is a grief support group for those who have lost a beloved pet. Our goal is to provide a group where your grief can be shared and validated by others who understand. This group meets via Zoom. A private Facebook group is also available. For more information or questions, HFHAcademy@HamiltonsFuneralHome.com

RAINBOW BRIDGE PET LOSS GRIEF CENTER - www.rainbowsbridge.com

Rainbow Bridge takes the death of a pet very seriously. You are not alone with your grief. You will share a bond with those who have also lost a loved pet. Though we cannot bring back our loved ones, we do have comfort in knowing they are waiting for us to join them once again at Rainbow Bridge.

DEATH OF A SIBLING

THE COMPASSIONATE FRIENDS - Siblings private Facebook Group: www.facebook.com/groups/tcfsibs/

TCF Private Sibling Facebook Group is for bereaved siblings. As bereaved siblings, our grief can be over looked or forgotten. Our goal to let you know you are not forgotten and there is hope.

SIBLING SURVIVORS OF SUICIDE LOSS - www.siblingsurvivors.com

Aims to provide a safe place for anyone who has lost a sister or brother to suicide. It's a place to share memories, discuss your feelings and experiences, and to share photos, and a place to connect with others who also miss their sister or brother.

TWINLESS TWINS INTERNATIONAL - www.twinlesstwins.org

Twinless Twins Support Group, International (TTSGI) exists to provide a safe and compassionate community for twinless twins to experience healing and understanding. They provide support for twins and other multiples who have lost their twin due to death or estrangement at any age.

DEATH OF A SPOUSE/PARTNER

AARP/WIDOWED PERSONS SERVICE - www.aarp.org

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives.

EXTRA GRACE REQUIRED - www.extragraceresquired.com

Extra Grace Required is a blog written by a young widow and mother, named Jodi, who writes about the struggles she and her family are facing after the death of her husband. She uses sarcasm, humor, faith, and empathy to help others in a similar journey thought grief. Jodi's goal is to leave readers entertained, inspired, and more loved and confident than before they visited the site.

HOT YOUNG WIDOWS CLUB - www.hotyoungwidowsclub.com

The Hot Young Widows Club started when Moe and Nora had brunch after their husbands died in 2014. "We didn't want a support group; we wanted something else. A place where we could be our weird, wonderful, widowed selves without judgment. Turns out, others wanted the same thing. We're a group of all genders who have been through loss and are seeing each other through life. We're sorry you're here, but we're glad you found us."

Death of a Partner Grief Resources, continued...

MODERN WIDOWS CLUB - www.modernwidowsclub.com

A place to look forward while reaching back. They serve to empower widows to lean into life, build resilience and make a positive difference in society.

PARENTS WITHOUT PARTNERS - www.parentswithoutpartners.org

Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques. For the minor children of single parents, it offers them the opportunity to meet peers living within the same family structure and thriving.

SOARING SPIRITS - www.soaringspirits.org

Soaring Spirits has one goal; to connect widowed people with each other. Resources include: information for newly widowed people, regional support groups, online community, Camp Widow, blogs by other widowed people and even a pen pal program.

***THE WIDOWED PARENT PODCAST - www.jennylink.com/podcast-main**

"Your guide to the murky waters of "only-parenting" after the loss of a spouse. After losing my husband to brain cancer when my kids were 9 & 11, I decided to set out each week in search of the best information, advice, and experts, and bring them straight to you." - Jenny Link

WIDOWED PARENT PROJECT - widowedparent.org

The Widowed Parent project is committed to supporting widowed mothers and fathers with children in the home. Their focus includes all widowed parents regardless of cause of death. This website and the current research project are our latest efforts to support – and learn about – widowed parents whose needs have been overlooked.

TRAUMATIC DEATH RESOURCES:
SUICIDE, HOMICIDE, SUBSTANCE-RELATED & ACCIDENTS

AMERICAN FOUNDATION FOR SUICIDE PREVENTION - www.afsp.org

The nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. Individuals, families, and communities who have been personally touched by suicide are the moving force behind everything we do.

CONCERNS OF POLICE SURVIVORS, INC. (COPS) - www.nationalcops.org

Provides peer support to surviving families of law enforcement officers killed in the line of duty. Also provides training to law enforcement agencies on survivor victimization issues and educates the public of the need to support the law enforcement profession and its survivors.

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family.

GRIEF RECOVERY AFTER A SUBSTANCE PASSING (GRASP) - www.grasphelp.org

For those that have lost someone to substance use or addiction.

MADD (MOTHERS AGAINST DRUNK DRIVING) - www.madd.org

The mission is to stop drunk driving, support victims of this violent crime, and prevent underage drinking.

NATIONAL CENTER FOR VICTIMS OF CRIME - www.victimsofcrime.org

The mission is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving individuals, families, and communities harmed by crime. This is a nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

POMC (PARENTS OF MURDERED CHILDREN) - www.pomc.com

Provides support and assistance to all survivors of homicide victims while working to create a world free of murder. POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

SAFE HORIZON - www.safehorizon.org

Provides support, prevents violence, and promotes justice for victims of crime and abuse, their families and communities.

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS, INC. (TAPS) - www.taps.org

National non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. Online webinars on a variety of grief and loss topics, free and for everyone.

WINGS OF LIGHT, INC. - www.wingsoflight.org

Assists survivors of aircraft accidents and those who have lost loved ones in aircraft accidents. Offers three support networks: one for survivors of plane crashes, one for family members/friends of those killed, and one for rescue/response personnel who respond to the crash.

TEENS/YOUNG ADULTS

***ACTIVELY MOVING FORWARD (AMF) - www.activelymovingforward.org**

AMF is a national network created in response to the needs of grieving young adults. We have connect, support and empower grieving young adults to “actively move forward” in memory of their person. These young adults support one another along the way. Due to the need, the AMF model has expanded its demographic to include all young adults, aged up to, and including 30. This program is currently *actively moving forward* coast-to-coast. Resources include an app to connect with other young adults and **facilitated virtual support groups weekly**.

COMFORT ZONE CAMP - www.comfortzonecamp.org

Comfort Zone Camp is a nonprofit 501(c)3 bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Comfort Zone Camps are offered to children 7-17, and are held year-round across the Country.

DOUGY CENTER - www.dougy.org

Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support locally and internationally to individuals and organizations seeking to assist children in grief. A variety of resources on the website, including toolkits, activities, podcasts and more!

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help restore hope.

INNER HARBOR - inner-harbor.org

To prepare and support the transition of young adults as they enter college and to foster healthy support systems with access to life-saving resources.

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG) - www.childrengrieve.org

The NACG promotes awareness of the needs of children and teens grieving a death, and provides education and resources for anyone who wants to support them. NACG provides a network for communication between hundreds of children's bereavement support professionals and volunteers across the country who want to share ideas, information, and resources with each other to better support the families they serve in their own communities.

SURVIVING LIFE AFTER A PARENT DIES - www.slapd.com

SLAPD is a non-profit organization that provides support and resources to young people who are coping with the death of a parent. It was created to provide a supportive community where users can discuss what they're going through during a difficult transition.

TEENAGE GRIEF SUCKS - www.teenagegriefsucks.com

For grieving teens, by grieving teens. This community is unlike other resources for grieving teens, as almost all of the content provided is written by teenagers themselves. Teens are able to read stories written by kids their age about subjects such as school and social lives, and are even able to share their own grief stories.

VIRTUAL GRIEF SUPPORT GROUPS

HEALGRIEF - healgrief.org & ACTIVELY MOVING FORWARD (AMF) - activelymovingforward.org

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. AMF is a national network created in response to the needs of grieving young adults. We connect, support and empower grieving young adults (aged up to, and including 30) to "actively move forward" in memory of their person. **Facilitated virtual support groups available for people 18+ each week**, some loss specific - death of a child, death of a partner, etc.

HEARTLIGHT CENTER - heartlightcenter.org/virtual-programs/

At HeartLight, we know your story is unique and the pain of grief can be intensely personal. *That doesn't mean you have to face it alone.* HeartLight Center is a non-profit that companions and educates people through their grief to find hope. HeartLight offers virtual grief support groups, including; educational groups, loss of a parent, suicide loss, loss of a partner, loss of a child and Spanish-Language virtual support groups as well.

REIMAGINE - letsreimagine.org/experiences/upcoming-events

Let's reimagine loss, adversity, and mortality, and channel life's challenges into meaning and growth. Virtual resources, groups and special events.

- Every third Thursday of the month, the Reimagine community holds space for those mourning loss. Volunteers facilitate these peer-led gatherings using art and prompts to spark conversation and reflection. Room for Grief gatherings are intended for adults across generations.
- Every second Tuesday of the month, the Reimagine community holds space for those mourning COVID-related losses. Volunteers will facilitate these peer-led gatherings using art and prompts to spark conversation and reflection. These gatherings are designed for all those who have experienced COVID loss.

GRIEF PODCASTS

COMING BACK: CONVERSATIONS ON LIFE AFTER LOSS - www.shelbyforsythia.com/coming-back-podcast
What does life look like after the funeral? After the divorce is final? After the diagnosis? Whether your loss is a person, a relationship, a job, a pet, or a dream, loss shapes who you are and how you choose to live in the world. Join Shelby Forsythia, Intuitive Grief Guide as she explores the ideas, resources, and stories that help us "come back" to life after death, divorce, illness and more.

***DOUGY CENTER, THE: GRIEF OUT LOUD** - www.dougy.org/grief-resources/podcasts/
Grief Out Loud is opening up this often avoided conversation because grief is hard enough without having to go through it alone. This is a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals. Platitude and cliché-free, we promise! Grief Out Loud is hosted by Jana DeCristofaro and produced by Dougy Center for Grieving Children & Families in Portland, Oregon.

THE GRIEF ANONYMOUS PODCAST - www.sherriedunlevy.com/podcast
If you are looking for ways to find HOPE, HEALING, and JOY in the midst of your grief journey, this is the place to be. Sherrie Dunlevy has created this podcast for women who want to move past their pain and step back into LIVING their lives. Join Sherrie as she interviews authors, thought leaders, and ordinary people who are not just surviving grief, but LIVING lives that are THRIVING despite their grief.

GRIEF CAST - www.dealingwithmygrief.com/
Darwyn M. Dave's father died when he was 10 years old. As an adult, he has realized that he is not "over" his father's death. His podcast is a vehicle to discuss how to cope with grief and bereavement. "It is my hope that in creating this space I am able to connect with others who have lost someone close to them and can help them deal with their pain."

***GRIEF IS MY SIDE HUSTLE** - <https://meghanriordanjarvis.com/>
After the death of her parents within 2 years of each other, trauma therapist, writer and podcast host Meghan, found herself on the receiving end of the same treatments she used with her own clients. In concert with her writing on the popular blog "Grief Is My Side Hustle," Meghan and her guests discuss how little education and support has historically been given to grief education and explore the question she hears most often in her office, "aside from crying, what does it mean to grieve?"

LAST DAY - www.lemonadamedia.com/show/last-day/
Let's talk about what's killing us, the stuff that's hard to comprehend and getting worse every day. Lemonada co-founder and author Stephanie Wittels Wachs confronts massive epidemics with humanity, wit, and a quest for progress. Starting with overdose deaths and the opioid crisis, we zoom in on a person's last day of life, exploring how they got there and how we, as a society, have gotten here. The second season covers those who died from suicide and the third season those that have died as the result of fire arms. The current fourth season is individual stories.

***TERRIBLE, THANKS FOR ASKING** - www.ttfa.org
You know how every day someone asks "how are you?" And even if you're totally dying inside, you just say "fine," so everyone can go about their day? This show is the opposite of that. Hosted by author (It's Okay to Laugh (Crying Is Cool Too)) and notable widow (her words) Nora McNerny, this is a funny/sad/uncomfortable podcast about talking honestly about our pain, our awkwardness, and our humanness, which is not an actual word.

***WHAT'S YOUR GRIEF: GRIEF SUPPORT FOR THOSE WHO LIKE TO LISTEN** - whatsyourgrief.com
In this podcast series Eleanor Haley and Litsa Williams, the two mental health professionals behind the grief website What's Your Grief, seek to leave no stone unturned in demystifying the complicated and sometimes crazy experience of living life after loss. Grievers and grief professionals alike will find their approach practical, relatable, informative and engaging. Grief is sad and confusing, but your grief support doesn't have to be.

Grief Podcasts, continued...

WHERE'S THE GRIEF? - wheresthegrief.libsyn.com/

Death is an inevitable part of life, and yet it can be difficult and uncomfortable to talk about the process of grief amongst one's peers. In this podcast comedian and bereaved sibling Jordon Ferber helps shine some light into the darkest parts of our own existence and encourage a more open discussion about the effects of grief, and offers coping mechanisms to those suffering through open and honest conversations with other comedians and performers who have unique perspectives on the process of grief.

***THE WIDOWED PARENT PODCAST - www.jennylink.com/podcast-main**

"Your guide to the murky waters of "only-parenting" after the loss of a spouse. After losing my husband to brain cancer when my kids were 9 & 11, I decided to set out each week in search of the best information, advice, and experts, and bring them straight to you." - Jenny Link

ONLINE GRIEF VIDEOS

THE ADVENTURE OF GRIEF - TEDx Talk by Dr. Geoff Warburton -

www.youtube.com/watch?v=juET61B1P98

Geoff challenges conventional apathy about grief and loss by offering an approach that evokes curiosity, openness and compassion. His approach synthesizes Eastern wisdom traditions, in-depth psychology and common sense. The emphasis of his message is towards thriving after loss - and not merely surviving.

AGAINST GRIEVING IN SILENCE - TEDx Talk by Rachel Stephenson -

www.youtube.com/watch?v=6zIFGl5tPQQ

Rachel shares her perspective on how children grieve, from her own personal experience with the death of her mother as a 5 year old child and later in life through her children's experience. She stresses that grief needs to be heard and that adults need to be honest about death with children. She shares what it means to her to grieve meaningfully.

***BEYOND CLOSURE - TEDx Talk by Nancy Berns - www.youtube.com/watch?v=w0rCfXSdYPE**

Nancy Berns is a sociologist at Drake University. She looks at the space between grief and closure and has found that not only is closure a fabricated concept, it is doing us more harm than good.

CHANGING THE WAY WE MOURN - TEDx Talk by Laura Prince -

www.youtube.com/watch?v=T4oTIJ-4mIE

How do you go from world traveler to funeral counselor in the span of one phone call? Laura Prince explores the transformative power of grief, death, and her passion for changing the way we as a society approach death.

THE CURE FOR GRIEF - TEDx Talk by Norah Casey - www.youtube.com/watch?v=D2R0e70mpYQ

After trying to pick herself back up after the death of her husband, Norah shares how she felt she wasn't "doing it right" because she wasn't hitting the stages of grief. Norah shares how those preconceived notions on how to grieve properly can make a griever feel like they are failing. She shares what she says is the cure for grief.

***EVERYTHING AROUND THEM IS STILL THERE, DEALING WITH SUDDEN LOSS -**

TEDx Talk by Marieke Poelmann - www.youtube.com/watch?v=zttn8W4qE2o

Marieke talks about the traumatic death of her parents in a plane crash when she was 22 year old. She shares three life lessons she learned after the trauma she has endured.

Online Grief Videos, continued...

GETTING UNSTUCK FROM GRIEF TO LIVE LIFE - TEDx Talk by Michelle Meadors -

<https://www.youtube.com/watch?v=FigjM7PHZHw>

Managing through challenges and difficulties while seeing a positive future ahead is critical to overall health and wellness. Dealing with the loss of family members while understanding there is more life to live. When life gives you lemons, you have to strategize on how to use this sour fruit to the best of your abilities and produce positivity for yourself and others.

GRIEF: AS UNIQUE AS YOUR HEARTBEAT - TEDx Talk by Jennifer Muldowney -

www.youtube.com/watch?v=iNiCNz-7Ssq

Jennifer Muldowney shares how we grieve over those we love and that doesn't change if it is a person or an animal. Loss is loss. We are each unique and so is our grief and urges viewers to go easy on one another.

GRIEF, IT'S COMPLICATED...10% OF THE TIME - TEDx Talk by Susan Delaney -

www.youtube.com/watch?v=4GDTbtePHUU

There tends to be strong opinions about grief (myths of grief); how long it should take to heal, what helps the grief process, and whether every grief is complicated in its own way. Susan shares why our views are sometimes at odds with the research, the concept of complicated grief, and new approaches being developed to treat it.

GRIEF: WHAT EVERYONE SHOULD KNOW - TEDx Talk by Tanya Villanueva Tepper -

www.youtube.com/watch?v=BwPoqQPynEc

How do you handle grief? How do you respond to others' grief? Tanya Tepper discusses her grief over her fiancé's death and how it has affected her life. Sharing her wisdom about grieving, Tanya talks about the misconceptions and misunderstanding she has encountered that surround our idea of what grief is.

GOOD GRIEF! WHAT I LEARNED FROM LOSS - TEDx Talk by Elaine Mansfield -

www.youtube.com/watch?v=PBzEwf1k59Y

What if grief has something to teach us? Elaine shares about the death of her father when she was a small child and later the death of her husband and what she learned from both. She shares how rituals and support helped her when she was grieving.

HOW GRIEF FEELS - TEDx Talk by Robbie Stamp - www.youtube.com/watch?v=6GfthkyzW5s

Robbie shares about the experience of grief, how it changes our perception of the world and how we can all support those who are grieving.

HOW TO COMFORT A GRIEVING TEEN - TEDx Talk by Bridget Park -

www.youtube.com/watch?v=ySeZLAqcnuo

Bridget Park is a high school senior from Reno, Nevada. Inspired by the death of her brother, Bridget wrote her debut memoir at the age of 15 in the hopes that her story would encourage others to find healthy ways of grieving. In this talk, Bridget shares her insight on how to comfort a grieving teen.

HOW TO SPEAK ABOUT THE LOSS OF A CHILD - TEDx Talk by Penny Kreitze -

www.youtube.com/watch?v=RV54J3JSdBg

On July 3, 2013 Penny's life was devastated by the death of her 21 year old daughter Annais, when a huge oak branch fell on the breakfast area of a summer camp for children in Yosemite. Her journey of grief takes her to an orphanage in Africa where the children give the most profound lessons in empathy and healing. She shares ideas about what to say and what not to say to a grieving parent and family.

Online Grief Videos, continued...

LOOKING AT THE OTHER SIDE OF GRIEF - TEDx Talk by May Jones -

www.youtube.com/watch?v=cTJRjx9yHGU

Join May as she talks of a lurking monster: grief. Follow her story of how she dealt with this monster after the death of her husband, ultimately leading her to find her satisfaction and solace through gardening and farming. May shows us how deep grief can be transformed into strong passion and purpose, giving us freedom we can celebrate.

LOSS AND FOUND - TEDx Talk by Corrie Sirota - www.youtube.com/watch?v=PQ27tYEB74Y

In Corrie's talk, through her genuine compassion and profound insight into human nature, she helps us transform the way we experience grief. She also offers invaluable tools for individuals and families in learning how to find life, and hope, after loss.

MODERN GRIEF - TEDx Talk by Sophie Townsend - www.youtube.com/watch?v=k8gRvBb3jbl

As a widow, Sophie reflects on her own experiences of grief in an age where the personal expression and symbolism of loss has been largely lost.

MORE THAN GRIEF: HOW SEVEN FATHERS REIMAGINED LIFE AFTER LOSS - TEDx Talk by Justin

Yopp - https://www.ted.com/talks/justin_yopp_more_than_grief_how_seven_fathers_reimagined_life_after_loss

When grieving widowers came together to share their losses, they gained tools to help them do the unimaginable: reimagine lives without their wives. This compelling talk highlights research by Dr. Justin Yopp and Dr. Donald Rosenstein and their work with a group of grieving fathers.

MY JOURNEY OF DEALING WITH GRIEF - TEDx Talk by Simon Hancox -

www.youtube.com/watch?v=oPk3mevJ8yQ

Simon shares about the death of his wife, raising their young children on his own, finding support in others, and established Annabel's Angels in his wife's name.

OWNING OUR GRIEF - TEDx Talk by Alana Sheeren - www.youtube.com/watch?v=gqX3Ygy8NOo

Alana believes in love, beauty and the transformative power of grief. After the stillbirth of her son she began writing about her personal journey into grief and whole-self healing.

SINGING OVER BONES - TEDx Talk by Dr. Kim Bateman - www.youtube.com/watch?v=P3hibkFeld0

Using examples, Dr. Bateman will teach how to share, ritualize, and transform grief. Lifelines to the dead illustrates creative outcomes to mourning that allow one to recognize, contain, release, and yet stay in relationship and keep loving.

***SPEAKING GRIEF - www.speakinggrief.org**

Moving away from the idea that grief is a problem that needs to be "fixed," Speaking Grief validates the experience of griever and guides those wishing to support them. There is no "right" way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience. This is a must see documentary for those that are grieving and those wanting to support them.

THRIVING AFTER LOSS - TEDx Talk by Amy Looney - www.youtube.com/watch?v=N8UPa4kImIY

After the death of her husband, Amy describes the struggles that come with grief. She explains the importance of not just coping but learning how to thrive. Amy is dedicated to carrying on the legacy of her late husband and friend, who are buried side by side in Arlington National Cemetery. Through her work with the Travis Manion foundation, she continues the mission to honor the fallen by challenging the living.

Online Grief Videos, continued...

***TIME IS PRECIOUS - TEDx Talk by Victoria Milligan - www.youtube.com/watch?v=DiZOH_ANTks**

A speedboat accident in Cornwall left Victoria coping with grief, supporting her surviving children and adjusting to life with a disability. Victoria knows more than most how precious time is and will share how she has coped with this unimaginable tragedy and devastating loss.

USE YOUR TRAGEDY TO CHANGE THE WORLD - TEDx Talk by Karen Millsap -

www.youtube.com/watch?v=BypYSAzxyY&t=302s

We can't predict life's hardships, but we can choose how they impact our journey. Karen Millsap is a Grief Consultant helping individuals and organizations navigate the effects of tragedy. As a 29 year old, Karen suddenly became a widow when her husband was murdered. We are all connected through our struggles, from the death of loved ones, to life-altering illnesses, divorce, even job loss. This realization ignited Karen's desire to turn her pain into purpose and pay it forward to help others.

***WE DON'T MOVE ON FROM GRIEF, WE MOVE FORWARD WITH IT - TEDx Talk by Nora McInerny -**

www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it

In a talk that's by turns heartbreaking and hilarious, writer and podcaster Nora McInerny shares her hard-earned wisdom about life and death after the death of her baby, father and husband (within 6 weeks of each other). Her candid approach is as liberating as it is gut-wrenching. She encourages us to shift how we approach grief. "A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on."

WHAT FORTY STEPS TAUGHT ME ABOUT LOVE AND GRIEF - TEDx Talk by Tembi Locke -

www.youtube.com/watch?v=Z65fSOl57Mo

Actress and advocate Tembi Locke shares her passionate love affair with her husband and the heart-rending diagnosis that taught her how grief can transform.

***WHEN SOMEONE YOU LOVE DIES, THERE IS NO SUCH THING AS MOVING ON - TEDx Talk by**

Kelley Lynn - www.youtube.com/watch?v=kYWICGbbDGI

Kelley talks about the death of her husband and the insensitive comments we sometimes hear after the death of a loved one. What if we don't let go of the love we have for our loved ones and "get over it" but instead live and share that love with others?

YOU'RE STILL HERE: LIVING AFTER SUICIDE - TEDx Talk by Amy Biancolli -

www.youtube.com/watch?v=R3FKQNSYoxw

Amy, who lost both her husband and her sister to suicide, talks about surviving those blows. Grief has a mind of its own, frequently ignoring the tidy "stages" we expect of it. But so do moments of levity, which come and go at will. Amy tells some of her own story, including her decision to write about a personal subject so often hushed in public.